

## **MENTAL HEALTH CONSULTANT I**

### **DEFINITION:**

To perform a wide variety of mental health services and counseling; to provide case consultation and advice concerning client's status, diagnosis and treatment; and to perform related work.

### **DISTINGUISHING CHARACTERISTICS:**

Mental Health Consultant I is an unlicensed, counseling class allocated to the Health and Human Services Agency (HHS). Incumbents receive clinical direction and supervision from licensed mental health professionals and work in a variety of settings including outpatient, day treatment, and community outreach programs.

Mental Health Consultant I differs from Mental Health Case Management Clinician in that the latter monitors licensed mental health board and care facilities and performs social service case management for the chronically mentally ill. Mental Health Consultant I differs from Mental Health Specialist in that the Specialist class is limited to telephone crisis intervention counseling, referral and problem solving under close clinical supervision. Mental Health Consultant I differs from the Psychiatric Social Worker series in that psychiatric social workers are licensed clinical social workers that perform psychotherapy and maintain psychiatric caseloads.

### **EXAMPLES OF DUTIES:**

Provides information regarding the availability of County mental health services; links recipient with appropriate resources in the community; interfaces with a wide range of community organizations; performs intake screening and psychotherapeutic interviews; clinically evaluates and assesses the nature and extent of an individual's condition by psycho-social case histories and collateral contacts i.e. family, psychiatrist and social worker; provides appropriate treatment using individual, group, couple or family therapy, behavior modification, collateral treatment, and participation in a therapeutic community; develops and implements treatment plans for clients including coordination with community agencies and groups; facilitates mutual support groups; provides consultation and training to human care organizations; performs in-home crisis intervention, at times with law enforcement officers assistance; performs case review and acts as therapeutic team member; participates in public information programs to increase public and community awareness of mental health principles, practices and resources; participates in public education efforts by developing and conducting workshops, seminars and educational materials; represents the County at community meetings, advisory boards and citizen group meetings to plan and develop community resources and resolve problems; may assist in program planning and the development of evaluation criteria; may help develop training and procedural manuals for specific programs.

### **MINIMUM QUALIFICATIONS:**

#### **Knowledge of:**

- Psychology principles and theory.
- Psychopathology.
- Counseling modalities and techniques.
- Normal and abnormal emotional growth and development patterns.

- Crisis intervention techniques and theory.
- Marriage and family relationships and theory.
- Group dynamics.
- Cultural and socio-economic factors impacting mental health.
- Consultation methods.
- Community organization and development.
- Community education techniques and materials preparation methods.

**Skills and Abilities to:**

- Perform clinical evaluation and assessment.
- Perform crisis intervention, individual, family and group counseling.
- Facilitate support groups.
- Communicate effectively, both orally and in writing.

**EDUCATION/EXPERIENCE:**

Education, training or experience, which clearly demonstrate possession of the knowledge, skills and abilities stated above. Examples of qualifying education/experience are:

- 1) A Master's degree from an accredited college or university in psychology, counseling, or social work with mental health oriented coursework, AND, practicum experience in crisis intervention and/or counseling under a licensed mental health professional, OR;
- 2) A Master's degree from an accredited college or university in a field closely related to the above, AND, one (1) year of full-time, post master's degree experience in a mental health program which included crisis intervention and/or counseling under clinical supervision, OR;
- 3) A certificate from the State of California, Department of Consumer Affairs: Board of Behavioral Sciences or Board of Psychology indicating certification as a(n)
  - (a) Associate Clinical Social Worker
  - (b) Marriage and Family Therapist Intern
  - (c) Psychological Assistant

**Note:** Additional years of experience as described above may substitute for the education requirement on a year-for-year basis; OR, completion of appropriate course work from an accredited college or university may substitute for the experience requirement on a year-for-year basis.

**SPECIAL NOTES, LICENSES, OR REQUIREMENTS:**

**License:**

A valid California Class C driver's license is required at time of appointment or the ability to arrange transportation for field travel. Employees in this class may be required to use their own personal vehicle.

**Working Conditions:**

Incumbents may be assigned work on a secure inpatient ward or residential living unit and have occasional contact with abusive and physically violent patients.

**Background:**

Applicants must have a reputation for honesty and trustworthiness. Convictions, depending on type, number, and recency may be disqualifying. Prior to appointment, candidates offered positions in Health and Human Services Agency (HHSA) programs that deal with patients and/or drugs will be subject to a limited security clearance investigation performed by the Health and Human Services Agency (HHSA).

**Probationary Period:**

Incumbents appointed to permanent positions in this class shall serve a probationary period of twelve (12) months (Civil Service Rule 4.2.5).

